

US Claims

1. A kit for preparing salads comprising at least one ingredient (I) which is cooked and at least one fruit, vegetable or cereal product, wherein the kit comprises;
 - a) a flavoured cooking paste for cooking ingredient (I), which cooking paste comprises from 40 to 80%wt fat, based on the weight thereof, and
 - b) dressing for contacting with the at least one fruit, vegetable or cereal product, which dressing comprises from 0 to 60%wt fat based on the weight thereof.
2. The kit of claim 1, wherein the dressing is an emulsion.
3. The kit of claim 1, wherein the emulsion is an oil-in-water emulsion.
4. The kit of claim 1, wherein the dressing comprises from 10 to 40%wt fat.
5. The kit of claim 1, wherein the dressing is a salad dressing.
6. The kit of claim 1, wherein the cooking paste comprises from 45 to 75%wt fat.
7. The kit of claim 1, wherein the weight ratio of fat in the cooking paste to fat in the dressing is in the range of from 10:1 to 1:1.

8. The kit of claim 1, wherein the total fat content of the cooking paste and the dressing combined is in the range of from 5 to 60 % wt.
9. The kit of claim 1, wherein the at least one cooked ingredient (I) is chicken, egg, meat, fish, a vegetable-derived protein source, cooked fruit, cooked vegetables or cooked bread.
10. The kit of claim 1, wherein the at least one fruit, vegetable or cereal product comprises salad leaves, a salad vegetable, pasta, rice, cous cous or a wheat based product.
11. The kit of claim 1, wherein the weight ratio of the cooking paste to dressing is in the range of from 1:5 to 2:1.
12. A process for preparing a salad comprising at least one ingredient which is cooked and at least one fruit, vegetable or cereal product, the process comprising the steps of 1) cooking the at least one ingredient in a flavoured cooking paste comprising from 40 to 80%wt fat thereof, to produce at least one cooked ingredient (I), and 2) contacting the at least one fruit, vegetable or cereal product with a dressing comprising from 0 to 60%wt fat thereof and 3) mixing the at least one cooked ingredient (I) with the at least one fruit, vegetable or cereal product before, during or after the fruit, vegetable or cereal product is mixed with the dressing and wherein the cooking paste and the dressing are provided as a kit for preparing a salad.

13. A salad comprising at least one ingredient (I) which is cooked and at least one fruit, vegetable or cereal product and which is prepared using the kit of claim 1 and/or by the process of claim 12.